

FULL CIRCLE FARM*Community Supported Agriculture*

JUNE



APRIL

SPRING QUARTER

MAY 23RD. 2011

Weekly Share

Cabbage/Radicchio

Green, Savoy or indigo

Chard

Rainbow Chard

Citrus

Lemons and Oranges



Green Garlic

Fresh (Green) garlic

Herbs

Lemon Balm, Lemon Thyme

Kale

Dino Kale

Kohlrabi

Purple Kohlrabi



Spring Onions

Snowball White

Finally, some warm and sunny weather in the forecast this week! Everything on the farm is going great, the squash plants are flowering and the tomatoes plants are growing with vigor! If you haven't had a chance to walk about the farm, I strongly encourage you to check out the scenery- especially the Shakespeare stage!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Cabbage/Radicchio This week we are offering a choice between green savoy cabbage, ball-head cabbage, and chioggia radicchio. Radicchio, also known as Italian chicory, is a leafy vegetable which has white-veined red leaves. It has a bitter and spicy taste, which mellows when it is grilled or roasted. In Italy, where the vegetable is quite popular, it is usually eaten grilled in olive oil, or mixed into dishes such as risotto: in the United States it is gaining in popularity but is more often eaten raw in salads. **Storage:** Store cabbage and radicchio in perforated plastic bags. Rinse before using. Will keep fresh for about 2 weeks. **Recipes:** Try these recipes: [Grilled Radicchio Salad](#), [Radicchio Recipes](#), [Radicchio Ristotto](#) or, [Warm Pasta Salad with Mushrooms](#)

[and Radicchio](#), or [Roasted Cabbage with Lemon!](#)



Chard Rainbow Swiss chard. Chard is a wonderful spring vegetable. The nutrient and mineral dense leafy greens and fibrous center ribs make this a versatile green to have in the kitchen. Chard is related to the beet and spinach family, and thus, can be used as a substitute for beet greens or spinach in many recipes! **Storage:** Store chard in a plastic bag in the fridge. Rinse well before using and use within 5-7 days for best quality. **Recipes:** Try any of these new recipes for chard: [Swiss Chard and Kohlrabi with Lemon Sauce](#), [Greens with Hot Garlic Dressing](#), [Sauteed Swiss chard with Sliced Garlic](#), [Rainbow](#)

Swiss Chard, cont'. **Recipes:** [Chard with Radicchio Saute](#), and [Double-Dutch Mac and Cheese with Chard!](#)



Citrus This week we have an abundant supply of fresh lemons and oranges. Lemons and oranges were donated by shareholders Daniel and Colin! Just like fresh garlic, fresh lemon juice and lemon zest make great flavor accessories for many dishes. I have sourced several recipes which include lemons. Lemons are also great to have around for adding kick to cold beverages and hot teas, especially with the Lemon Balm, also included in this weeks share! **Storage :** Store citrus on the counter or in the fridge. If kept cool, citrus will last 2-3 weeks. **Recipes:** Try these recipes: [Cabbage Salad with Lemon-Garlic Dressing](#), [Orecchiette with Savoy Cabbage and Lemon Cream](#), and [Grilled Chicken and Shrimp Kebabs with Lemon and Garlic!](#)



Green Garlic A special treat this week: green garlic! Green garlic is simply freshly harvest garlic bulbs that have not been cured yet. The taste, smell, and applications for green garlic are similar to regular garlic, only green garlic has a much milder, more delicate, and sweet flavor. It has a cult-like following, especially among chefs and foodies who can attest to the difference between fresh garlic and cured garlic! The whole plant, including the leaves, can be used. Green garlic can be used in place of scallions and shallots as well as regular garlic. **Storage:** Store green garlic in the refrigerator in a perforated plastic bag. Use within 1-2 weeks for best quality. **Recipes:** Try these great green garlic recipes: [Garlic Roasted Radicchio](#), [Green Garlic Recipes](#), [Whole Wheat Spaghetti with Green Garlic](#), and [Green Garlic Pesto!](#)



Herbs This week we have a nice selection of medicinal and culinary herbs: lemon balm and lemon thyme. Lemon balm is a great, relaxing herbal tea ingredient. It is great seeped with honey and lemon zest. Lemon thyme is another wonderful and aromatic culinary herb. Lemon thyme can be used in many recipes calling for regular thyme as well. Both herbs are great for

Herbs, cont. drying into herb sachets or natural air fresheners. Lemon balm can also be used in the kitchen, added to dishes for a subtle kick of lemon flavor.

Storage: Store herbs in a glass of water in the fridge, they will keep for about 1 week. To preserve as dried herbs, leave them in a ventilated area, out of direct sunlight to dry and use at a later date. **Recipes:** Try these fun ideas and recipes: [Lemon Balm factsheet](#), [Lemon Balm Recipes](#), [Goat Cheese with Olives, Lemons and Thyme](#), and [Golden Lemon Balm Tea!](#)



Kale Dino kale is still going strong! This superfood is also a super crop- our kale has been loving the cool and rainy weather we've been experiencing this spring. Explore new preparation methods for kale and share any recipes you love with the rest of us! Kale is goes great cooked with just about anything, but experiment with kale pesto and kale chips for a few new taste ideas! **Storage:** Keep kale in an airtight plastic bag. Rinse before using. Will keep about one week. **Recipes:** Try one of these kool kale recipes: [Kale with Garlic and Bacon](#), [Kale and Ricotta Salata Salad](#), or [Potato and Kale Cakes with Rouille!](#)



Beautiful Radish Flowers

Kohlrabi An FCF favorite: purple Kohlrabi! These small but sweet little treasures are extra tender this round. Young kohlrabi are best enjoyed raw, drizzled with soy sauce, humus, or our favorite dip/dressing. Kohlrabi is also great added to slaws, stir-fries, and salads. **Storage:** Keep kohlrabi in an airtight plastic bag in the fridge. It will keep fresh for up to 3 weeks in optimal conditions. **Recipe:** Try these awesome kohlrabi recipes: [Braised Kohlrabi with Lemon and Garlic](#) and [Sauteed Kale with Kohlrabi!](#)



Spring Onions White spring onions this week. Spring onions are similar to scallions (green onions) in their look, taste, and smell. These seasonal vegetables are milder than regular onions yet zippier and sweeter than green onions. To prepare onions rinse and peel back outer most layer and cut off the top of the greens. Larger spring onions like these are great for roasting whole or grilling. Thanks to their mild flavor, spring onions also taste great chopped raw in salads or stir-fried with other veggies. You can use them in place of cured onions, shallots, or scallions in any dish. **Storage:** Store spring onions in a perforated plastic bag in the fridge. Store un-used portions in a plastic bag. Will keep fresh for about 1-2 weeks. **Recipes:** Test these recipes for spring onions: [Mustard and Spring Onion Mash](#) and [Asiago Cheese with Glazed Cipolline Onions!](#)

Enjoy the week!